

# Women's Health

## A LIFE COACH'S GUIDE TO OFFICE PARTY FALL OUT

Kissed your crush? Told your boss what you really think? Here's how to deal with the classic office party clangers

By Francesca Menato 11 December 2015



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Office parties are dangerous places; free booze, festive cheer, a group of people you see every day...

It's not uncommon to do one or two things you're not too proud of. So, instead of imagining all the ways your desk chair could swallow you whole, take advice from Susanna Halonen, a happiness life coach at [Happyologist.co.uk](http://Happyologist.co.uk) and author of *Screw Finding Your Passion*.

We asked her how to deal in some of the classic flush-inducing moments.

What to do if...

### **YOU GOT TOO DRUNK AND EMBARRASSED YOURSELF**

You have two options here: the What happens in Vegas stays in Vegas as there's no need to ruminate on the past - or if it's affected your office credibility then work extra hard to deliver on all your work responsibilities.

Then your colleagues will remember you for being good at your job rather than that thing you did at the last office party.

If people are picking on you for it, stand up for yourself and apologise for it but also say that you'd feel more comfortable if you didn't speak about it anymore as it's in the past.

If you fit in this category you may be interested in our heavy night recovery plan.

### **YOU HOOKED UP WITH SOMEONE IN THE OFFICE**

You're not the first one to do this so don't feel too bad.

Ask to talk to them privately afterwards to clear the air and say that it was fun but you don't want it to affect either of your work. If you want things to progress, ask them how they feel about the situation.

Either way, these things are always best dealt with through open communication.

### **YOU TOLD YOUR OFFICE CRUSH YOU LIKE THEM**

That's great - you should be proud of yourself for having the courage to do that! Now, if you want to move things forward, ask to speak to him privately and find out if he's interested.

Better to deal with it head on rather than keep wondering whether there is a future here or not.

Read up on how to make the first move (successfully) as well, that may help!

### **YOU TOLD A COLLEAGUE WHAT YOU REALLY THINK OF THEM**

Swallow your pride and apologise to them in private. Explain to them where your frustration came from and listen to their side of the story.

Find a way to make peace and move forward amicably.

### **YOU CAN'T REMEMBER WHAT YOU DID**

This is a trickier situation in which you need your trustworthy colleagues to help!

Have a chat with your closest friends in the office to find out what happened - and if it was something that needs further action, take it.

If no one knows, then leave it at that. If you get cheeky comments from your colleagues about them, genuinely ask them what they're referring to (and add an apology in if needed).

*Article taken from: <http://www.womenshealthmag.co.uk/health/stress/4248/life-coach-guide-to-office-party-embarrassment#ixzz3wPSmRLMG>*